



MyHealth Magazine Workshops for Schools - Teacher Evaluations -

We periodically evaluate the manner in which the workshops were received by workshop participants by surveying both students and teachers. Evaluations for many of the different workshops are summarized below. Ratings were provided by classroom teachers of the students participating in the workshops.

	Stick-to-the-facts:TM How to deal with setbacks, negative thoughts and worries	Do the right thingTM 30-Day Challenge to Stop Bullying	Mental Health and Illness:TM Do I have it TM	Making-the-Grade:TM Ten core skills to improve academic success	Calorie CatastrophizingTM Learning to deal with negative beliefs and attitudes about food and dieting
Students enjoyed the workshop	8.31 / 10	8.42 / 10	9.4 / 10	8.20 / 10	9.0 / 10
Students participated in the workshops	8.26 / 10	8.08 / 10	8.8 / 10	8.13 / 10	8.5 / 10
The workshop was informative	9.56 / 10	9.46 / 10	9.9 / 10	9.53 / 10	9.1 / 10
The workshop addressed the subject matter effectively	9.21 / 10	9.46 / 10	9.9 / 10	9.20 / 10	9.1 / 10
The topics, information and issues covered in the workshop will be beneficial to students	9.65 / 10	9.42 / 10	9.9 / 10	9.67 / 10	9.42 / 10
This is an important topic for students in our school to learn about	9.91 / 10	9.85 / 10	9.9 / 10	9.87 / 10	9.85 / 10
Age range of participants	13-18 yrs	11-13 yrs	14-18 yrs	16-17 yrs	18 yrs
Number of workshop participants	1419	858	258	561	120

Please note:

- [1] Questions were rated on a 10-point rating scale, ranging from 1=Strongly disagree to 10=Strongly agree.
- [2] Results are, on average, very favourable but still tend to be slightly higher in small groups (< 30) than in large groups (>65).
- [3] We can provide training so that your own local staff can deliver the workshops in your own schools and organizations.
- [4] Subscribers to the magazine have access to the full online version of all the materials delivered in the workshop.
- [5] Workshops are accompanied by a workbook designed to assist participants in mastering the skills taught in each of the workshops.
- [6] All of your local staff who are trained to deliver the workshops have access to training videos of Dr. Santor delivering the workshops.

Click [here](#) for more information on the different workshops that we offer and can deliver in your school, workplace or organization. We would be happy to talk to you about our workshops and workbooks at your convenience. Please email us at info@myhealthmagazine.net